

Norman Park Center

November / December 08

Flu Vaccines

Friday, November 7th 9:00am - 11:30am

As flu season shifts into high gear this fall, consider giving your immune system a fighting chance with a flu shot. On Friday, November 7th, from 9am to 11:30am the San Diego County Public Health Department and Scripps Mercy Hospital Chula Vista are giving flu vaccines at the Norman Park Senior Center. Limited supply on hand. First come, first serve.

Suggested donation of \$2.00

7th Annual Intergenerational Games Day

Wednesday, November 19th 9:30am - 1:00pm

Join us for a day of fun with local 3rd graders at the U.S. Olympic Training Center. Help promote a healthy active lifestyle with children by participating in fun, non-competitive physical and nutritional activities. Each adult is paired with a 3rd grader for the event. Participants must be able to be in the sun for this event. A breakfast snack and lunch is provided. Register at Norman Park. For additional information please call (619) 691-5086.

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Holiday Brunch

Thursday, December 11th 10:30 am

Please help us celebrate the holidays, and join us for brunch. Enjoy special music, good food, and entertainment by the Script in Hand Players.

Tickets go on sale November 17th. Buy your ticket early, space is limited.

Cost: \$3.00 presale \$4.00 at the door if available.

Holiday Crafts & Cookie Decorating

Wednesday, December 17th 10:00 am

Stop by the fireplace area and make a holiday craft, decorate and eat a cookie or two! All supplies are provided!



Special Notices



*Directions & Connections for
People Over 50*
Visit Life Options Annex at
Norman Park Center

Call (619) 691-5086
For an appointment

A place to find information and
opportunities for those over 50
looking for an active and
rewarding retirement.

- Education & Learning
- Civic Engagement
- Health & Fitness
- Recreation



REMINDER!!

Daylight Savings Time
Ends
Sunday, November 2nd!



Holiday Closures

Tues. November 11th
(Veterans Day)

Thurs. & Fri. November 27th & 28th
(Thanksgiving Holiday)

December 20th-January 4th
(Christmas, New Year Holiday)



Senior Center Tour and Orientation

Thursday, November 6th & December 4th 11:00 am

Learn about all the activities and services available at Norman Park and enjoy a guided tour of our facility. Meet in the conference room next to the main office.

Circuit Training

Mondays & Wednesdays 9:15-10:30am

This program works on strength and balance using a variety of the fitness center equipment. Students work at their own level and pace.

Fall Session : Now through January 24th
\$9.00 Residents \$13.00 Non-residents



Senior Pilates Program

Mon. & Wed. 10:30- 11:30 am

Want to create a body that looks and feels ageless? Need to build strength and improve balance? Looking for ways to reduce or eliminate back and joint pain? Want to improve flexibility? Then pilates is for you! Receive a t-shirt with registration.

Cost: 4 weeks \$24.00 residents \$30.00 non-residents

Scan Presentation

Friday, November 21st 10:00am

Scan Health Care will be making a presentation on health coverage and medicare.

Wii Bowling

Friday, November 21st 10:30am

Come join us for some Wii Bowling, a popular game system that provides great fun and exercise. Scan Health Plan is providing the demonstration.

Classic Film Series

Wed. November 5th 1:00 pm - Claude Rains, Gloria Stewart and the wonderful Una O'Conner star in this drama, with plenty of comedy thrown in. It is directed by James Whale who brought us Show Boat and Frankenstein.

Wed. December 3rd 1:00 pm - This memorable film has imaginative dance numbers by Busby Berkley with flying wisecracks! Dick Powell, Ruby Keeler, Joan Blondell and Ginger Rogers are all part of the fun.

Special Notices

Healthy Walking Club

Tuesday/Thursday 9:30-10:30 am

This walking club is for individuals age 50 or better who are just starting a regular walking program or for individuals who are ready to increase cardio respiratory fitness. The \$5.00 is a one time fee which helps support the purchase of pedometers, caps water bottles and a quarterly get together. Please join staff and volunteers as we enjoy walking together.



MEN'S GROUP & LUNCH

Tuesday, December 9th 12:15 pm

The Men's Group in December will discuss men's health and social issues. This group is led by Dr. Michael Rosenblatt.

Lunch will be served. Please register for this monthly activity by calling 691-5086. The physician and lunch are provided through a grant from Scripps Health.



INTRO. TO COMPUTERS

**Friday, November 7th & December 5th
10-12:00pm**



This preview provides a hands-on introduction to computers using the Windows operating system. Basic components of a computer, the Windows Systems and controlling a mouse will be discussed. Free! Pre-registration is required. This class is designed for persons with NO computer skills/experience. Call 691-5086.

Receive the Newsletter at Home **By Mail:** \$7.00 per year.
Please make your check out to the City of Chula Vista.



OUT 2 LUNCH BUNCH

**Wednesday, November 12th
Wednesday, December 10th**

1:15 pm



This group emphasizes making new friends and socializing. Everyone pays for their own lunch. Join us on the 2nd Wednesday of each month. On Nov. 12th, the group will have lunch at The Olive Garden at the CV Shopping Center. On Dec. 10th, the group will be eating at Café La Maze on Highland Ave..

Please call Shani at 691-5086 to register.

It's Time To Dance!

Country Line Dance

Tuesdays 10am Advanced

11am Beginners

Come learn Country Line Dance. It's a great way to exercise and socialize.

Fee: \$3.00 Residents
\$3.75 Non-residents

BALLROOM DANCE

Mondays 1:00 pm

The ballroom dance class is looking for more members. This is your chance to keep up with "Dancing with the Stars"! Join this group on Mondays. The cost is \$3.00 for residents and \$3.75 for non-residents.



Volunteer Holiday Party

Thursday, December 18th 10:00 am

All volunteers are invited to enjoy a holiday party! Please bring a goody to share and a \$10.00 gift to exchange!

Casual Crafters

Wednesdays 9:30 am

Join this crafting group and make items to donate to the Veterans Home and other assisted care facilities. Yarn donations are also greatly appreciated! For more info please contact Ana Carson at (619) 429-9656.



Health & Safety



Anna's Wellness Column

"The happiness of life is made up of minute fractions – the little soon-forgotten charities of a kiss, a smile, a kind look, a heartfelt compliment in the disguise of a playful raillery, and the countless other infinitesimals of pleasurable thought and genial feeling."

– Samuel Taylor Coleridge

As we near the end of 2008, let us reflect on the positive things in our lives. Although we have been bombarded by bad news throughout the year by the popular media, it is critical that we maintain not only our sense of cheerfulness and hope, but our appreciation for all that we do have.

I love living in San Diego! It is filled with many beautiful places that are easy to reach. The weather is fantastic. I have a great job working with senior adults – we listen to music, exercise and have fun together. I have a big, wonderful dog that makes me get up in the morning even when I don't want to because she needs her walk – I always feel so much better after, being outside in nature and visiting with everyone else who is out and about. My list of gratitude goes on.

As the holiday season approaches, however, I get out of my regular routine and things get a little crazy. My thankfulness sometimes gets overshadowed by my stress level of traveling, shopping, dealing with family logistics and expectations, etc. But this year, I vow to have a different mindset – to focus on the delight of all that surrounds me and to not forget about what the holiday season truly represents. In this way, I will be able to embrace 2009 with open arms and a renewed passion for life and living.



Fitness Center

The Fitness Center is staffed with certified fitness trainers and has treadmills, elliptical cross trainers, bicycles, strength equipment, free weights, balls and bands. Trainers will instruct on how to use all equipment and will design personal training programs as part of your membership.

Membership and equipment orientation is required to use the fitness center.

- October, November and December

\$28 Residents

\$56 Non-residents

December only \$10.00

For Fitness Center hours and orientation times see page 12.



Scripps Health Talks

*Presented by the

Scripps Family Residency Program*

Refreshments Served. Please Register in Advance.

"Diabetes"

Mon., November 10th 10:00 am

Come learn about Diabetes. This disease often goes undiagnosed because symptoms seem so harmless. Yet 23.6 million children and adults in the United States have diabetes. This health talk will discuss prevention, diagnosis, diet and maintenance.

"Holidays the Healthy Way"

Mon., December 8th 10:00 am

The holidays are in full swing, which means lots of family, friends, and fun... And FOOD! But it doesn't have to mean extra pounds. The key is balance and moderation. To avoid holiday weight gain; physical activity and moderate food choices will help. The holidays are a great time to enjoy a colorful variety of fruits and vegetables. Join us and learn tips you can give yourself and your family to maintain a healthy lifestyle.





Daily Events



Group	Day	Time	Group	Day	Time
Art-Watercolors	M	9:00 am	Inquirers Group	T	10:00am
Bereavement (San Diego Hospice)	Th	1:00 pm	Quilting	Tu	1:30 pm
Blood Pressure	F	8:30 am	Scrabble	M, W, F	12:30 pm
(Red Cross)			Shuffleboard	Tu & Th	9:00 am
Bridge-Chicago	M, Tu, F	12:30 pm	Singing Seniors	Tu	1:30 pm
Bridge-Duplicate	W	12:30 pm	Spanish	W, F	9:45 am
Casual Crafters	W	9:30 am	Spanish, Conv.	M,W,F	10:00 am
Computer and Camera Club	W	1:00 pm	TOPS	F	12:00 pm
Computer Lab	W	12:00 pm	Ukulele Class	Tu	10:00 am
Computer Lab	F	10am-12 pm	World Affairs	M	10:00 am
Computer Lab	F	1:00 pm	Yoga (Chair)	W	7:15 pm
Creative Writers	Tu	2:00 pm	Yoga	Th*	5:00 pm
Cribbage	W	10:00 am	Yoga	F	8:00 am
Dance-Ballroom	M	1:00 pm	* No class the first Thurs of November and December * Yoga Thurs pm * Fall session September through January 24 Cost: \$25.00 or \$5.00 per class		
Dance-Line/Adv.	Tu	9:45 am			
Dance-Line/Beg.	Tu	10:45 am			
Dance (Tues. Night)	Tu	6:30 pm	Line Dance	Tue	\$3/\$3.75 resident/non resident
Dance— Square (Calico Twirlers)	F (1st-3rd)	7:00 pm	Night Dance	Tue	\$5 for all
Exercise	M– Th	8:00 am	Square Dance	Fri	\$5 for all
Exercise (Longevity Stick)	Tu	9:00 am	Strength Tr.	Wed	\$1/\$1.25
Exercise (Longevity Stick)	Sa (Marina)	8:00 am	Ballroom Dance	Mon	\$3/\$3.75
Exercise (Strength Training)	W	6:00 pm	Pilates	Mon, Wed	\$24/\$30 - 4 Week Session
Exercise (Pilates)	M, W	10:30 am			



Classes Requiring Pre-registration

Name	Date	Day	Time	*Cost	Call to Register
AARP Driver Safety Program	Nov. 19 & 21	W & F	12:30 pm	\$10.00	(619)641-7020

Computer Classes - See Page 9

Circuit Training— See Page 3



November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
						1 Fitness Center Open 8:30-11:00 Every Saturday! Starlight Bazaar
2 Starlight Bazaar	3 Pilates Join Today! 10:30 am	4 6:30 CV Senior Club Dance	5 1:00 Classic Film Series	6 12:00 CV Senior Club Autumn Hoedown 11:00 Newcomers Conf Rm 7:00 Antiques & Collectibles 7:00 Coin Club Rm. 9-10 7:00 SOBAR's Rm. 11	7 9:00 Flu Shots 10:00 Intro to Computers 1:00 Movie Time Rm 9	8
9	10 10:00 Health Chat "Diabetes Prevention" Rm. 9	11 CLOSED Veteran's Day	12 12:00 Club Amistad Rm 9-11 1:15 Out 2 Lunch Bunch 3:00 Commission On Aging	13 10:00 CV Senior Club Bingo & Refreshments Rm 10	14 11:00 American/Korean Group Rm 9,10	15
16	17 7:00 Bahia Sur Kennel Club	18 12:30 La Ronda Rm. 9, 10 1:30 Sing-a-long Fireplace 6:30 CV Senior Club Dance	19 12:30 AARP Driver Safety Program Rm 10	20 8:30 Vision Support Group 11:45 Garden Club 12:00 Billiards Tournament Gameroom	21 10:00 Scan Health Presentation 10:30 Wii Bowling 9:30 CV Senior Club Board Mtg. 12:30 AARP Driver Safety Program Rm 10	22
23	24 1:00 Investment Group Conf. Rm	25 6:30 CV Senior Club Dance 7:00 Flexible Volunteer Orientation	26	27 CLOSED Happy Thanksgiving!	28 CLOSED	29 Fitness Center Closed
30						



December



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1	2	3	4	5	6
	1:00 Health Chat "Holidays the Healthy Way" Rm 9	1:00 Dialysis Support Group Rm 9 6:30 CV Senior Club Dance	1:00 Classic Film Series Rm 11	11:00 Newcomers Conf Rm 12:00 CV Senior Club Podluck & Birthday Party 7:00 Antiques & Collectibles 7:00 Coin Club Rm. 9-10 7:00 SOBAR's Rm. 11	10:00 Intro to Computers 1:00 Movie Time Rm 9	Fitness Center Open 8:30-11am Every Satur- day!
7	8	9	10	11	12	13
	10:00 Health Chat "Holidays the Healthy Way" Rm 9	12:15 Men's Group Lunch Rm 7 6:30 CV Senior Club Dance	12:00 Club Amistad Rm 9-11 1:15 Out to Lunch Bunch	10:30 Holiday Brunch	11:00 American/Korean Group Rm 9,10	
14	15	16	17	18	19	20
	1:00 Investment Group Conf. Rm	12:30 La Ronda Rm 9,10 1:30 Sing-along Fireplace 6:30 CV Senior Club Dance	10:00 Holiday Crafts & Cookie Baking Fireplace	8:30 Vision Support Group 10:00 Volunteer Holiday Party Rm 6-8 11:45 Garden Club Rm 9-11 12:00 Billiards Tournament	9:30 CV Senior Club Board Meeting	
21	22	23	24	25	26	27
	CLOSED	CLOSED	CLOSED	CLOSED Merry Christmas!	CLOSED	
	Fitness Center Open 10:30 am-2:00 pm 5:00 pm-7:00pm	Fitness Center Open 8:00 am-11:30 pm 5:00 pm-7:00pm				
28	29	30	31			
	CLOSED	CLOSED	CLOSED			
	Fitness Center Open 10:30 am-2:00 pm 5:00 pm-7:00pm	Fitness Center Open 8:00 am-11:30 am 5:00 pm-7:00pm				



Around Town Classes



Salt Creek Rec. Center

2710 Otay Lakes Rd. 585-5739

Table Tennis Wed 1:30 pm - 3:00 pm
Call For Details

Fitness Room

Mon-Sat 8am-9:45pm

Sun. 12-4:45pm

Fee: \$25 per quarter/residents.

Yoga

Mon. Wed. 6:30-7:20 10 weeks

Fee: Call For Fee

Veterans Park

Recreation Center

785 E. Palomar 691-5260

Line, Ballroom, Salsa, Cha Cha, Merengue dancing, Yoga and Art classes

offered. Call center for days and fees.

Feeling Fit Exercise: Strength, Balance & Flexibility

Tues./Thurs., 2:00 pm - 2:30 pm

Free.

Enjoy this fun class that's good for you too!

Parkway Family

Aquatic Center

385 Park Way 691-5088

Lap Swim

M-F 6 to 8 am, 11 to 1 pm

Sat 10:30-12:00 pm

Call For Fees

Loma Verde Family

Aquatics Center

1420 Loma Ln. 691-5081

Lap Swim

Mon, Wed, Fri 6:00 - 8:00 am

5:00 - 7:00 pm

Mon-Fri 11:00 - 1:00 pm

Water Aerobics

Call for fees

M W F 11:00 - 12:00 pm Water-walking

12:00 - 1:00 pm Deep Water Aerobics

Masters Swim Program 6-7:15 am MWF

Town Center Manor

Exercise:

432 F Street

For more information call

Kim Burgess 585-7338

Tues. / Thurs. 1:00 - 2:00 pm

Villa Serena

1231 Medical Ctr Dr. 934-8001

Cooking/Nutrition

Tuesday 11:00 am

English as a Second Language

M 1:00 pm

Computer Class

Tuesdays 2pm

Kiku Gardens

1260 3rd Avenue 422-4951

Abacus & Brain

Development.

Thurs. 2:00 pm

Heritage Comm. Ctr.

1381 E. Palomar St. 421-7032

Aerobics

Tu / Th 9-9:50 am Call for Fee

J St. Marina Park

Tai Chi

Saturday 9:00 - 10:30am



Special Notice



Azteca Project

Azteca Project is committed to addressing the concerns and meeting the challenges that face the elderly gay community. Free information is available in English and Spanish regarding referral and social services in and out of the gay community. For more information please contact John Acosta at (619) 426-6736 or visit www.aztecaproject.org.

Volunteer/Job/Stipend Opportunities



Life Options: Everyone is a Winner!

Have you recently retired or are about to retire and want to become civically engaged? Have you always wanted to volunteer but were unsure of where to begin? Perhaps you aren't sure what skills you have to offer. Come speak with a Life Options Representative, we can help you discover your potential. We can provide information regarding opportunities that fit into almost any type of schedule and or ability. There is an organization out there that needs you! We also have resources for recreational, educational, health and fitness programs offered in the South Bay. Call (619) 691-5086 to make an appointment.

"SNAP" School Nutrition Advocacy Program

Do you have a flair for nutrition or a desire to nurture or mold children? The students at various elementary schools in Chula Vista need your guidance. Come eat lunch with the children and encourage them to eat their fruits and vegetables. Time commitment is only 1- 1/2 hours per week. Call Heather Namora at 498-8042.

Community Resource Volunteer

Norman Park is looking for volunteers to provide health information to seniors. The "Promotoras" or community resource volunteers will speak at the senior residences, mobile home parks and to senior social groups about important health issues. Promotoras will be trained by Scripps Health and Well Being Center staff and will receive a stipend for their work. Pick up an application in the Norman Park office.



Computer Corner



SeniorNet

Computer Classes Challenge Test

SeniorNet Membership: \$40/yr (check required)

Class Fee: (all 4 week classes)

\$22 (residents) \$28 (non-resident)

Beginning Computer Classes

Thursday, Jan. 8,15,22,29 9:00am-Noon

This series of courses starts with the basics.
Materials are Based on Windows XP

Digital Photos and Stuff:

Thursdays, TBA 1:00pm-4:00pm

Thursdays, TBA 1:00pm-4:00pm

Advanced Internet/Email:

Tuesday, **TBA** 1:00pm-4:00pm

Do you feel you know enough about computers to be able to test out of the beginning classes? If so, pick up a challenge test at The Norman Park office and go to the SeniorNet lab on one of the times listed below and take the challenge test.

Lab Hours

Wednesday 12 - 2 pm

Friday 10 - 12 pm & 1 - 3 pm

SeniorNet members may use the lab during hours listed.

Private Instruction

\$10 per session \$12.50 non-resident,

One on one instruction is available for Card Making, Internet, and Review of Basic Computer Skills. Ask in office for details.



Class schedules are available at Norman Park Center.



Club News

Chula Vista Senior Citizens Club 2008 Officers

President: Vera Wuestenberg
1st Vice President:
2nd Vice President:
Secretary: Bonnie Price
Treasurer: Rosemary Haas

We Need Your Help!

The Chula Vista Senior Club needs your help!
Please help the club and join the Board for
2009.

Bingo & Refreshments

Thursday, November 13th 10:00am

Come enjoy a morning of bingo with
prizes.

**A BIG 'thank you' to the generous local
businesses listed below. All have given
donations to assist with our October &
November activities at Norman Park**

Chula Vista Mall:

- **Ultra Star Cinema—Manager/Sheryl**
- **UNOS Bar and Grill— Manager/Armando**
- **Starbucks— Manager/Karen La Vallie**

Otay Ranch Shopping Center:

- **King's Fish House—General Manager/ Becky**
- **Macaroni Grill—General Manager/Jeff Bender**

- **Burger King—Manager/Maria Goldilla @
Corner of "I" Street & Broadway Location**
- **Marie Callenders—Manager/Mike @ "F" Street
Location in Chula Vista**
- **Subway—Manager/Lupe @ Otay Lakes Rd.
Location**
- **Bellegance Salon—Manager/Ted @ Terra
Nova Plaza on East "H" Street**

Chula Vista Senior Citizens Club Potluck & Birthday Party

Thursday, December 4th 12:00pm



The Senior Club is combining potluck and birthday party in December. The Club is providing ham and turkey. Please bring a side dish to share with 6 to 8 people. No Deserts please. Birthday cake and ice cream will also be provided.

Tuesday Night Dance Tuesdays 6:30 pm

Join this great group every Tuesday Night for music and dancing!

****\$5 at the door****

November 4th - "Election Day"
November 11th - CLOSED
November 18th - "Veteran's Day"
November 25th - "Thanksgiving Party"
December 2nd - "Beware of POGONIP"
December 9th - "Remember Pearl Harbor"
December 16th - "Christmas Party"
December 23rd - CLOSED
December 30th - CLOSED



Movie Time!

Friday, November 7th 1:00 pm

This thriller stars Al Pacino as a college professor who moonlights as a forensic psychiatrist for the FBI. He has only 88 minutes to live, and must tie up all loose ends.

Popcorn will be served!





Special Notices



Making a Difference Carol Gove

Carol is our Monday morning receptionist. You will find her at the front desk with a smile waiting to help you.

Carol is the proud mother of two daughters, and the loving grandma of one granddaughter and one grandson who all reside in San Diego. Carol lived in Germany for three years at one point. She moved to Chula Vista in 1952. While in Chula Vista, Carol was the city's Fire Marshal. After 32 years of employment, Carol has continued to be active in the Chula Vista community by volunteering at the Parkway pool, Meals on Wheels, the CAST program, and the City Safety Commission.

Carol's hobbies include her family, volunteering, bridge, and reading.

What Carol loves most about this center is the staff and the seniors. Her career and interests have always involved helping people and it is no surprise how well she fits in at Norman Park. Thank you Carol!



BILLIARDS TOURNAMENT 12:00 pm

**Thursday, November 20th
Thursday, December 18th**

The sign up sheet is in the Pool Room.



Count the Ghosts Contest Winners!

The Sept./Oct. Newsletter was haunted by 41 ghosts. Congratulations to the winners:

**Jean Baumgartner
Mary Carnes
Rosemary Haas**



Senior Smoke Alarm Program

If you are a Senior (55 and older), and you own your own home you may receive a free smoke alarm and have it installed by calling The Burn Institute at (858) 541-2277.

If you choose to purchase your own, a volunteer from Caring Neighbors will install it for you, free by calling (619) 476-7055

Mining California Gold

The purpose of the "Mining California Gold" project is to encourage everyone to share their life experiences, knowledge and skills in a cooperative effort to help improve our community!

Please use the BOX-OF-GOLD suggestions box to submit your ideas and concerns. No idea is too big or insignificant, or contact your Community Services Committee at goldminingcalif@cox.net.

Wear White at Night

This is an update on our efforts to remind everyone if you are going out after dusk, please wear something WHITE. White shoes are good "for starts" as moving feet are eye-catchers, as well... but the more white one wears, the better!

Our meetings with the Chula Vista Safety Commission and Councilman Rudy Ramirez were well received: the Commission is working on a pedestrian safety project that will incorporate "Wear White At Night"!

Count the Gingerbread Men Contest

Three winners will be drawn randomly

Count the Gingerbread Men Contest

Name:

Phone:

Number of Gingerbread Men:



Center Operations

Senior/ Human Services Supervisors

Recreation Supervisor III Kathy Wigginton

Senior/ Human Services Staff

Lorraine Abril	Kristen Johnson
Michele Schlanbush	Frank Martinez
Jim Craig	Danette Myers
Shani Crawley	Yadira Sanchez
Millie Day	Anna Solis
Terris Finkbeiner	Christopher Taylor
Pedro Garcia	
Adolfo Herrera	

Phone Numbers

Receptionist:	691-5086
Hostess Desk:	691-5023
Trip Office:	476-5356
Information & Referral	691-5087

New Hours of Operation

270 F St. Chula Vista, Ca. (619) 691-5086

M, T, W, F 8:00 am– 4:00 pm

Thursday 8:00 am– 9:30 pm

Fitness Center Hours

Mon., Wed., Fri. 10:30 am - 2:00 pm

Tues., Thurs., 8:00 am - 11:30 am
5:00 pm– 7:00 pm Mon-Thurs.

8:30 am– 11:00 am on Saturday

Free orientations Mon. - Fri. at 11:00 am, Mon-Thurs. at 5:30 pm, and Saturday at 9:30. Pre-registration for orientation is recommended.

As a recipient of federal funds, the City of Chula Vista cannot discriminate against anyone on the basis of race, color, sex, religion, national origin, age, mental or physical disability. If anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination, with either the City of Chula Vista Recreation Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington D.C. 20240.



Recreation Department
Norman Park Senior Center
270 "F" Street
Chula Vista, CA 91910